

# Appendix E: References/Resources

## References

### Books/Articles:

1. Mindfulness in schools, interactive slides with definitions and activities.  
<http://www.100hours.org> .
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5. Beath, Lesley & Park, Lindsay, Making sense of sensory behaviour, Falkirk Council, Social Worker Services.
6. Bowen-Irish, Tere, OTR/L, Drive Thru Menus, Exercise Posters for Relaxation and Stress Leader's Manual, (2006), Therapro.)
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10. Positive affirmation posters [www.elementaryshenanigans.com](http://www.elementaryshenanigans.com),, [www.teacherspayteachers.com](http://www.teacherspayteachers.com)
11. Psychology of colors [www.empower-yourself-with-color-psychology.com](http://www.empower-yourself-with-color-psychology.com)
12. Flynn, Lisa, E-RYT, RCYT, Yoga for Children, (2013), Adams Media. 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children
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15. Khalsa, S.B.S., Hickey-Schultz, L., Cohen, D., Steiner, N., & Cope, S. (2012). Evaluation of the mental health benefits of yoga in a secondary school: A preliminary randomized control trial. The Journal of Behavioral Health Services & Research, 39(1), 80-80-90.
16. Positive Affirmations [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au). How Thinking Affects Feeling, © Commonwealth of Australia 2008, reproduced with permission.
17. Instructions for smart spray, power pellets and brain sprinkles [www.learningadventureswithmrsgerlach.blogspot.com](http://www.learningadventureswithmrsgerlach.blogspot.com)
18. Music influences on drawing <http://www.lifehack.org/articles/lifestyle/20-art-therapy-activities-you-can-try-home-destress.html>
19. Lunch box Jokes [www.peoniesandpoppypeeds.com](http://www.peoniesandpoppypeeds.com)

### Books/Articles Continued:

20. <http://psychology.about.com/od/PositivePsychology/f/positive-thinking.htm>
21. MacLean, Kerry Lee, *Moody Cow Meditates*, (2009) Wisdom Publications. Instructions for use of Mind in a Jar.
22. Marbaix, Jane, *Zentangle The inspiring and mindful drawing method*,(2015), Arcturus Publishing Limited. Teaching instructions to create images through repeating patterns to reduce anxieties.
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24. Moyer, Sherry, MSW, NHS Human Services Inc., (2009) *The Eclipse Model. A teaching self-regulation, executive function, attribution, and sensory awareness to students with Asperger Syndrome, High-Functioning Autism, and Related Disorders*.
25. Ideas to integrating mindfulness in the classroom, soundcloud: guided visualization activity using beach scene, waterfall, grassy meadow, breathing, chanting, and many more ideas.  
[www.mindfullearningandliving.wordpress.com](http://www.mindfullearningandliving.wordpress.com)
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27. *The Mind Up Curriculum, Grade 3-5, Brain-Focused Strategies for Learning and Living*, (2011), The Hawn Foundation, Scholastic
28. Examples of paper plane activity <http://stlouiscenterforplaytherapytraining.blogspot.com/2011/11/toss-away-your-anxieties-with-this.html>
29. Restroom Poster activity , [www.themiddleschoolcounselor.com](http://www.themiddleschoolcounselor.com)
30. Benefits of printing on colored paper [www.thirdgradegalore.blogspot.com](http://www.thirdgradegalore.blogspot.com)
31. Vivyan, Carol, *An Introductory Self Help Course in Cognitive Behavioral Therapy*, (2009) [www.get.gg](http://www.get.gg)
32. *Yogarilla, exercises and activities, 55 card yoga deck*, (2007) Super Duper Publications
33. Benefits of positive thinking [www.yourtherapyresources.com](http://www.yourtherapyresources.com)
34. *Indigo Ocean Dreams CD, 4 children's stories designed to decrease stress, anger and anxiety while increasing self-esteem and self-awareness, #2 Affirmation Weaver*, (2005) Lori Lite, [www.StressFreeKids.com](http://www.StressFreeKids.com)

### Doodle Apps:

- Paint My Wings, (free) Toca Boca. Kids can paint virtual butterflies and the butterfly will read the color out loud.
- Swirlicity (free for lite, .99, ipad) Sad Cat Software. Drawing and swirling with calming music in the background.
- Zoodle pad (free, ipad, iphone) Pokey Toad Studios. Paint, draw, or doodle crazy designs and then play back as a movie.

### Calming & Focusing Apps:

- Stop Breath and Think (free, ipad, iphone, android) Tools for Peace. Learn ways to become more mindful. Check-in, track your progress on how your are feeling, to select mindfulness and meditation activities. Appropriate for middle-school, high-school students and adults.
- Smiling Mind (free, ipad, iphone, android) Smiling Mind. Programs for 7-adult, able to rate your feelings, select the length of the mindfulness activity, play music or not,

## Calming & Focusing Apps Continued:

- I Can Be Free (free, ipad, iphone, android) listen to sessions to modify your thoughts and emotions to help you relax, sleep better, overcome fears and phobias.
- Relax Melodies (free, ipad, iphone, android) iLBSOFT. Relaxing sounds to assist you in falling asleep.
- Kinetic Balls 2 (free, upgrade to remove ads, ipad, iphone) Motions 9 Studios, LLC. Create your own ball designs and background for a relaxing pendulum movement. Upgrade allows for pictures to be used on the balls.
- Mindshift (free, ipad, iphone, android) Creative B'stro. Helps teens/young adults to cope with anxieties, a good reference for teachers.
- Fluidity HD (free, ipad, iphone) Nebulus Design. Interactive fluid is moved with the use of your finger, calming activity.
- Izen Garden (3.99) <http://itunes.apple.com/us/app/izen-garden-2-portable-zen/id347232643?mt=8> Peaceful zen garden without the mess of sand, select over 100s of plant, objects and creatures to place in your garden then rake the sand. Selected as one of "500 best apps" by Sunday Times of London.
- Breath to Relax (free, ipad, iphone, android) Learn breathing exercises and record your stress level.

## Websites:

### Art Activities

- Reproduction of mandalas for classroom -<http://spiritualawakening.weebly.com/mandalas>; <http://www.centrum-mandala.cz/en/mandalas-children><http://www.printmandala.com>, <http://artof4elements.com/entry/105/mandala-meaning>
- A program for charity incorporating pinwheels, [http://www.pinwheelsforpeace.com/pinwheelsforpeace/pinwheel\\_template.html](http://www.pinwheelsforpeace.com/pinwheelsforpeace/pinwheel_template.html); [www.creativeelementaryschoolcounselor.blogspot.com](http://www.creativeelementaryschoolcounselor.blogspot.com)

### Calming & Focusing Strategies

- Definitions for anxiety, progressive breathing, calm breathing and other coping mechanisms <http://www.anxietybc.com/>
- Poster of calm breathing exercise using the child's hand <http://childhood101.com/2015/04/take-5-breathing-exercise/>
- Science-based practices for a meaningful life. Ways to incorporate mindfulness in teaching practices, social-emotional learning, and more. [www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu)
- Resources for parents, educators and children. Tips, activities and products. Your mind is Your Playdough! Teach children to be masters of their own thoughts. [www.kidsrelaxation.com](http://www.kidsrelaxation.com)
- Mindful activities for tweens, <http://www.parentscanada.com/school/tweens/teaching-your-tween-mindfulness>
- Activities to promote social, emotional and behavioral development. Coping and breathing exercises for children and teens. [www.thehelpfulcounselor.com](http://www.thehelpfulcounselor.com)
- Mindfulness activities for students and adults [www.thedaily meditation.com](http://www.thedaily meditation.com)
- Relaxation/ calming exercises and activities for children ELSA support (free), downloadable set of 20 cards with various activities for calming when a student is experiencing anxiety or anger. [www.teacherspayteachers.com](http://www.teacherspayteachers.com)

### Music

- Top 10 music list for decreasing anxiety and increasing stress relief [www.huffingtonpost.com](http://www.huffingtonpost.com)
- Music and stress/ anxiety studies. [www.askabiologist.asu.edu](http://www.askabiologist.asu.edu)
- Music and mental health research. [www.calmclinic.com](http://www.calmclinic.com), [www.stress.about.com](http://www.stress.about.com)

### **Positive Affirmation/Doodling**

- Free posters to print with positive affirmations  
[www.positivemotivation.net](http://www.positivemotivation.net) <http://talesofteachinginheels.blogspot.com/2012/07/affirmations-acknowledgements-why.html>- <http://tweenteaching.blogspot.com/2012/09/positive-affirmations-for-students.html>-
- Free printable coloring posters with many positive thoughts, affirmations and zentangle pictures [www.doodle-art-alley.com](http://www.doodle-art-alley.com)
- [www.kidlutions.blogspot.com](http://www.kidlutions.blogspot.com) inspirational quotes
- [www.brianlukeseaward.net](http://www.brianlukeseaward.net) studies and information on laughter and mental health.

### **Breathing Exercises & Yoga**

- Resource for breathing techniques, <http://move-with-me.com/self-regulation/4-kids-yoga-brain-gym-breathing-techniques-that-develop-self-regulation/>
- Description of breathing techniques <http://www.theseecretsofyoga.com/breathing/alternative-nostril-breathing.html>
- Classroom based yoga and mindfulness program for schools [www.yoga4classrooms.com](http://www.yoga4classrooms.com)
- Wenig, Marsha, Yoga Kids, Educating the Whole Child Through Yoga (2003)
- Stewart, Tabori & Chang A Company of La Martiniere Groupe. A program that blends traditional yoga and its benefits with multiple learning styles in a comprehensive, imaginative, and playful approach to education

### **Restroom Posters**

- [Buzzle.com](http://Buzzle.com), [Amazon.com](http://Amazon.com) [Etsy.com](http://Etsy.com) [Omazingkidsllc.com](http://Omazingkidsllc.com) [Google.com](http://Google.com), [kindovermatter.com](http://kindovermatter.com) - free posters to print

### **YouTube**

- You tube videos for mindfulness and teaching children about anxieties. GoZen!
- Just Listen and Breathe 2 hours of music to calm anxiety Illusioterapia
- Mindfulness and Neural Integration Ted talks on You Tube

### **YouTube**

- Ryan, Tim, A Mindful Nation, (2012) Hay House. How a simple practice can help us reduce stress improve performance, and recapture the American spirit.
- Shure, Myrna B. I Can Problem Solve, (2001), Research Press. An interpersonal cognitive problem-solving program for intermediate elementary grades.

## **References**

### **Books:**

- Burdick, Debra, LCSWR, BCN, *Mindfulness Skills For Kids and Teens, A Workbook for Clinicians and Clients with 154 Tools, Techniques, Activities and Worksheets*, (2014) PESI Publishing and Media.
- Hanscom, A. J., *Balanced and Barefoot*. (2016) New Harbinger Publications Inc.
- Hawn, Goldie with Wendy Holden. *10 Mindful Minutes*, (2011) Penguin Group (USA) Inc.
- Louv, R., *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*. (2008) Chapel Hill, NC: Algonquin Books.